

Counselor Connect

WAVA SEL Newsletter for JANUARY



January Mindset: “Everything is Possible”

SELebration Assembly: January 7 @ 11am or 1pm

Important SEL (Social Emotional Learning) Program Information:

- The Counselor-led SEL classes (“7 MINDSETS”) continue after Winter Break:
Kindergarten/Third Grade: Tuesdays at 10am, Wednesdays at 11am, Thursdays at 9am
First Grade/Fourth Grade: Tuesdays at 11am, Wednesdays at 9am, Thursdays at 10am
Second Grade/Fifth Grade: Tuesdays at 9am, Wednesdays at 10am, Thursdays at 11am
*Students choose just ONE session to attend weekly. All sessions are listed on their OLS.
- 7 MINDSETS classes are optional but HIGHLY encouraged! Please talk these classes up to your students and families! **See the attached slides to share with your class regarding what the counselors are offering this year!**
- 7 Mindsets Portal: www.7mindsetsportal.com
- We are reminding students to attend their REQUIRED classes rather than our optional classes when the times conflict. We do not want to negatively impact student attendance.
- **See next page for SEL activity ideas for use in your class meetings this month! This newsletter will now be sent out monthly so you can pre-plan for lessons one month at a time.**

7 Mindsets, Lesson Schedule:

October – 100% Accountable

November – Live to Give

December – We are Connected

January – Everything is Possible

February – Passion First

March – The Time is Now

April – Attitude of Gratitude

May – Recap/Review

Your WAVA Elementary Counselors:

Janelle Martin – Grade K-2 Counselor, jmartin@wava.org

Nadia Gonzalez – Grades 3-5 Counselor, ngonzalez@wava.org

SEL Activity Ideas for Class Meetings

***Teachers: See attached “Classroom Integration” worksheets for suggested readings, vocabulary, writing topics and additional discussion prompts for this mindset! The portal also has videos you can access. ***

January Mindset: “Everything is Possible”

Grades K-2:

Lesson 1: Dream Big

Lesson 2: Believe in Yourself

Lesson 3: I can!

Lesson 4: Mindset in Action: My dream picture

Grades 3-5:

Lesson 1: Dream Big

Lesson 2: Embrace Creativity

Lesson 3: Think Positive

Lesson 4: Act and Adjust

Class Discussions (5-15 Min for each prompt):

Prompt: Everything is Possible means that each of us can live a great life and do amazing things. For some of us, this might mean being a great friend, helper, or artist. We all have something special inside of us, and while it can sometimes be hard to believe, we can do anything if we just stay positive! Do you believe in yourself?

Prompt: Think about your Big Dream, and remember that, with hard work, everything is possible! How will you make your big dreams come true?

Prompt: What is a special thing you believe you can do?

Prompt: What is the most amazing thing you have ever done?

Activity: We can always reach a little higher!

Directions: Ask a few students to get on their web cam, stand up and raise one hand as high as they can. Ask the entire class to participate even when not on the web cam.

Prompt: What if I told you that, if you can raise your hand an inch higher, I would give you a prize? (The majority of students will get their hands higher.)

Discussion: I asked you to raise your hands as high as you could the first time. Then almost every one of you was able to raise your hand a bit higher. This proves that even when you think you’re doing the best you can, you can always do even better!

Suggested Readings

- Matthew’s Dream by Leo Lionni
- Oh, the Thinks You Can Think by Dr. Seuss
- The Wonderful Things You Will Be by Emily Winfield Martin
- I Wish You More by Amy Krouse Rosenthal and Tom Lichtenheld
- How to Catch a Star by Oliver Jeffers
- Drum Dream Girl: How One Girl's Courage Changed Music by Margarita Engle
- Unstoppable Me!: 10 Ways to Soar Through Life by Dr. Wayne W. Dyer